

Everything people ask before they walk in — no sales scripts, no fine print.

01

What's the difference between Gi and Nogi?

Gi is the traditional uniform — jacket and pants you grip to control your partner; the pace is methodical. Nogi is shorts and a rash guard — no fabric grips, so it's faster and less restrictive. Same art, two styles. You don't have to pick one: most members train both, and your trial covers everything on the timetable.

02

I've never trained before. Will I keep up?

Yes. Most of our members started with zero experience, and every class is coached to mixed levels. Fundamentals classes exist specifically for new starters, and you'll always have a partner who looks after you.

03

What does it cost?

Weekly memberships vary by program, with no lock-in contracts available — pause or cancel anytime. Families training together get discounted rates for additional members. Start with the free 7-day trial, then we'll walk you through the options that fit. No pressure, no sales scripts.

04

What do I wear to my first class?

Comfortable activewear — shorts or leggings and a t-shirt (pocketless shorts with no zips are ideal). No shoes on the mats. If you stick around, we'll help you sort a gi when you need one.

05

Am I too old or too unfit to start?

No. We have members from 2 to 70-plus, and fitness is something you build here, not a prerequisite. You work at your own pace from day one — the only requirement is showing up.

06

Can parents stay and watch?

Absolutely. We have dedicated waiting areas, and you're welcome to stay for the whole session or drop the kids off ten minutes before class.

07

I train at another academy. Can I drop in?

Always. We're a no-politics gym — visitors and drop-ins are welcome on our mats regardless of affiliation.

08

What equipment do I need?

For your first class: comfortable athletic wear (pocketless shorts with no zips are ideal), a water bottle and an open mind. For gi classes we'll help you sort a gi when you're ready, and for MMA you'll eventually want hand wraps and gloves — we have loaners until you do.

09

How does the belt and grading system work?

Adults progress through white, blue, purple, brown and black belts, with two gradings a year — a mid-year grading and an end-of-year grading. Juniors progress through white, grey, yellow, orange and green, and above white each colour has three belts to earn — with gradings five times a year. Stripes mark progress in between. Promotions are based on technical knowledge, competency, consistent training and competition experience, not time served alone — so a belt here actually stands for something.

10

Do you offer private lessons?

Yes — one-on-one and small-group sessions tailored to your goals, with Robbie (3rd Degree Black Belt), Linzi (4th Degree Brown Belt), or strength & conditioning with our S&C coach Ricky. Email info@akomartialarts.com to book.

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Do you run camps and events?

All year. School-holiday camps for juniors every term, weekend training retreats, an annual international training camp, plus gradings and in-house comp days. Email us to register interest and we'll keep you posted.
